

Momnificent!

Lori Radun, CEC, AELC - The Momnificent!™ Coach *Simple Tools to Help Moms Live Magnificent Lives*

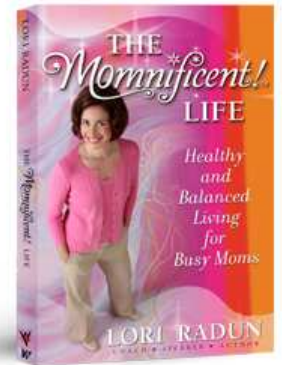


Although it prepared her to be a successful mompreneur, working over 20 years in the business world did little to nurture Lori Radun's life-long passion for personal growth. In 1993, Lori began to feel a longing in her heart to make a difference in the world. Following her interests, she went back to school to study Psychology, but her heart was set on fire when she decided to become a life coach and began work with the Institute of Professional Empowerment Coaching to receive her certification.

Today, Lori is a life coach, inspirational speaker and guru to conscious mothers everywhere. Her mission is to provide simple tools to help moms raise their energy, raise their morale, and raise their consciousness while raising great kids. She believes that a grounded and happy mom will strengthen any family unit, and ultimately lay the groundwork for future generations.

Eager to give mothers encouragement and support on their motherhood journeys, Lori founded Momnificent!™ where moms can go for expert advice, coaching and information on topics facing moms today. In her book, *The Momnificent!™ Life - Healthy and Balanced Living for Busy Moms*, Lori's openness and conversational style gives moms the feeling they're sharing "Aha!" moments with a friend while they're learning to live more fulfilling lives.

Lori is the mother of two wonderful boys, the wife of a very supportive husband and a lover of books, chocolate and Tae Kwon Do!



SHORT BIO: Lori Radun, The Momnificent!™ Coach, is a certified life coach, inspirational speaker and author of *The*

Momnificent!™ Life - Healthy and Balanced Living for Busy Moms. A guru to conscious mothers everywhere, Lori's mission is to help moms raise their energy, raise their morale, and raise their consciousness while raising great kids. Her website www.momnificent.com is a place where mothers go to receive expert advice and unconditional support on living magnificent lives.

Suggested Topics for Discussion

- ◇ Strategies to let go of perfectionism and create reasonable expectations.
- ◇ A quick guide to the 5 E's of Time Management
- ◇ The 8 essential ingredients to living a Momnificent!™ Life
- ◇ Solutions to getting out of the 5 common guilt traps mothers often fall into.

Online Press Kit (media): www.momnificent.com/press_and_media.php
Public Website: www.momnificent.com - for blog, speaking, products, etc.

Suggested Interview Questions

- ◇ What is Momnificent!™?
- ◇ What are the 8 essential ingredients you feel moms need to live magnificent lives?
- ◇ You say there are 5 common guilt traps mothers often fall into? Can you share with us what those are?
- ◇ I know it's common for moms to procrastinate on mundane chores like laundry and housework. Can you tell us ways to overcome this procrastination and start getting things done? What are some of the other reasons mothers procrastinate?
- ◇ How is perfectionism affecting moms today? What can moms do to let go of this unrealistic expectation?
- ◇ Can you share your philosophy on managing time? What quick tips can you give moms in this area?
- ◇ You take clutter to a much deeper level. Can you explain what you mean by that? What other areas of clutter should moms pay attention to?
- ◇ Can you tell us why boundaries are so essential to living our best lives? You've identified 7 types of boundaries to focus on. What are those?

To book Lori Radun, call Lori at 630-236-7142 or email lori@momnificent.com